



ICE SWIMMING ADVENTURES

Never be scared to dare...
See you in the ICE



GREENLAND ICE SWIMMING

Swim with Arctic icebergs at 69° North.

5th-10th September 2026 – 6 days

Starting from Copenhagen, Denmark.

Join us for our next Ice Swimming Adventure in ice-bound Greenland for a truly unique, life-changing experience. Enjoy ice swimming alongside thrilling polar activities, **with a good chance of seeing the Northern Lights**. Swimming includes a 250m test swim and a main Swim of up to an Ice Mile. Non-swimmers are welcome to a short dip or a short swim. It's an unforgettable challenge for the adventurous at heart.

It is an adventure of a lifetime for those who are Never Scared to Dare.

This is ICE SWIMMING



All swims are done according to the **International Ice Swimming Association Rules ("IISA")**

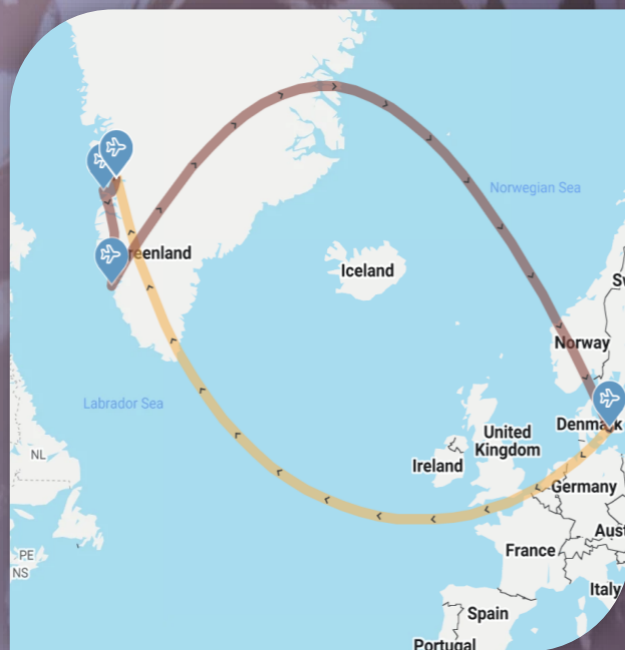


Ram Barkai
Expedition Leader
Extreme Ice Swimmer
Founder IISA
Ice Swimming Hall of Fame



ITINERARY IN BRIEF:

- Day 1:** We'll travel together from Copenhagen to Ilulissat on Greenland's west coast. Take a relaxing stroll around the city, join an introductory briefing, and enjoy a warm welcome dinner. You'll also have the chance to catch a glimpse of the Northern Lights each day!
- Day 2:** Enjoy a hike to Sermermiut to take in views of the Kangia Isfjord. In the afternoon, drive to a secluded bay for water acclimatisation and a test swim. Then, head out on a sunset cruise through the Ice Fjord, surrounded by thousands of spectacular icebergs.
- Day 3:** Main swim day in the icy waters near Ilulissat, with a wilderness cabin as our private base for the day, plus boat support and sauna tents. Enjoy a whale safari on the way back to Ilulissat.
- Day 4:** Half-day kayaking excursion in Ilulissat Icefjord and this evening special awards dinner.
- Day 5:** Sail/Hike adventure to Glacier Lagoon & Paakitsoq.
- Day 6:** Return flight to Copenhagen.



DAY BY DAY ITINERARY

5th September 2027 – Copenhagen to Ilulissat

Depart this morning from Copenhagen Airport, Denmark, for a 5-hour flight to western Greenland. On arrival, we transfer to our home for the next 5 nights, Hotel Ilulissat Best Western, centrally located in the heart of town, with easy walking access to local museums, shops, churches, cafés and restaurants. This afternoon, we will take you on a historical walk around town, where you will get a solid introduction to Greenland's third-largest community. Walk past the old colonial harbour, "brættet" (*the wood-board*), where the local fishermen sell their daily catch, the house of Arctic Explorer Knud Rasmussen and the Zion Church. Enjoy a welcome dinner and swim briefing this evening.



6th September 2027 – Sermermiut hike, Test Ice Swimming and Sunset Iceberg cruise

This morning enjoy a guided hike to one of the most beautiful places on earth: the Sermermiut Valley. The hike lasts about 2-3 hours and takes you through the valley, which the Inuit have inhabited since the Saqqaq culture more than 4,500 years ago. Remains from previous settlements have been excavated. At the end of the valley lies Kangia Isfjord, where 100-meter-high icebergs are squeezed out through the fjord system and eventually drift further out into Disko Bay. The entire area is protected by UNESCO as part of the world's natural heritage. The view and landscape are indescribable!



This afternoon, our guides will drive you out of town to a small bay with clean, pristine waters. Here, you can take shorter swims from shore to acclimatise to the polar waters and prepare for tomorrow's main swims. We will set up sauna tents for you to stay warm.

Return to town and, after dinner, join a special sunset sailing trip into the icefjord. Feel the Arctic nature up close as you enjoy the sun reflecting in the massive icebergs just outside town, where the UNESCO area begins. An absolute must for the photographer! (B)

7th September 2027 – Main Ice Swimming Day!

After a hearty breakfast, our guides will pick us up and take us to the harbour, where we'll board our two sightseeing boats, equipped with flotation suits and life vests. We head out to a private Wilderness Cabin, which will become our private base for the day. Here, we'll set up an Ice Swimming Camp, with the cabin as our heated base, changing facilities, portable sauna tents on shore, and a barbecue area overlooking spectacular Disko Bay! Note that while the area is famous for its enormous icebergs, Disko Bay is a constantly changing Arctic environment. Wind, currents and weather determine where the ice is found from day to day, and we therefore cannot guarantee floating ice at the Wilderness Cabin or immediately around the swimming course. This is part of the adventure.



Our exact swimming location and course will be selected on the day according to weather, sea and ice conditions, with boat support available for the swimming programme. The swim course will be marked and recognised according to International Ice Swimming Association (IISA) ICE KM Swim rules. Each swimmer will be accompanied by a follow boat with expedition and medical staff and filmed and timed by expert IISA officials and a doctor. Spectators will be able to observe from the boats or from ashore. Between swims, participants can warm up in the sauna, relax at the cabin and enjoy hot drinks and a freshly prepared barbecue lunch in the wilderness.

There is no rush. We plan to spend several hours at the camp, keeping the swimming programme the focus of the day while giving everyone time to enjoy this extraordinary location.

Once the swimming programme is complete, we board our boats again – but the adventure is not over yet.

Rather than sailing directly back, we can spend time exploring Disko Bay and searching for humpback whales and other marine wildlife on our journey home. Return to Ilulissat after a full day on the water and in the wilderness.

Ice Swimming. Arctic wilderness. Sauna. Barbecue. Icebergs. Whales. One unforgettable day in Disko Bay. (B.L.D.)



8th September 2027 – Kayaking adventure in Ilulissat Icefjord and Celebratory Awards dinner

Today we have the chance to try a different watery adventure with a kayak tour in the breathtaking scenery surrounding Ilulissat. The tour starts at our meeting point in the city centre just next to Brættet. We'll have all the equipment we need for our kayaking trip. After getting suited up, we walk together for 5 minutes down to the Zion church, where we start our kayaking trip. Our experienced guide will give safety instructions, provide all the required equipment and adapt the tour to the group's needs; no previous kayaking experience is needed. The route depends on the weather and ice

conditions, but we aim to paddle out near the bay in front of Sermermiut Valley, where you'll get an amazing view of Iceberg Bank (where icebergs from Kangia are stranded on the seabed). The trip takes 3 hours (2 hours kayaking). There are both single kayaks and double kayaks available. Double kayaks are even more stable than single kayaks, though our single kayaks are also very stable thanks to their flat bottoms. Tonight, we celebrate the past days of adventures over a special dinner. During the evening, we will host an Awards Ceremony for our brave swimmers and have the opportunity to review the day with images and video. (B.D.)



9th September 2027 –

Hike to Glacier Lagoon & Paakitsoq adventure

Today we conclude our Greenlandic adventures with an amazing full-day sail-and-hike trip, where you can experience the Arctic wilderness. We sail 1.5 hours to the north of Ilulissat and enter the hidden fjord, Paakitsoq, through a narrow canal – where you will see no people, only birds, a glacier tongue reaching the sea, the ice cap, sometimes whales and a magical, greenish glacial water due to silt from the ice cap mixing with seawater. From our landing site, we can hike up and over a mountain top (600 m elevation gain) and, from there, take in a stunning view over the Greenlandic ice cap, lagoons, and waterfall. An amazing way to spend your last day in the Disko Bay region without sharing the experience with a bunch of other people. This is a full-day adventure, and you need to be able to walk uphill and in uneven terrain for about 5-6 hours. (B.L.)



10th September 2027 –

Hike to Glacier Lagoon & Paakitsoq adventure

This morning marks the end of our Arctic adventure. We transfer to the airport for your flight via Nuuk back to Copenhagen Airport, arriving late this evening. We suggest booking an extra night in Copenhagen (details on request). (B.)

The day-by-day programme offers a glimpse of what you can expect during your expedition, but please remember that this itinerary is just a guide. As with any adventure, the elements are in charge, and weather conditions may lead to changes along the way.



EXPEDITION PRICES

(Per person in USD - other currency rates on request and subject to conversion).

Twin or Double room	\$6950
Single room supplement	\$1100
Ice Swimming Fees (for all distances 100m+)	\$500

International Flights to Copenhagen and/or extra hotel nights on request!

NOTE: All prices are subject to change due to logistical changes required to the itinerary.



Bookings

To secure your place, a 25% deposit is required. Full payment is due 60 days before departure.

Cancellations

All cancellation requests must be received in writing. Should you wish to cancel your booking for any reason or fail to pay the balance due, the following conditions apply:

- From time of booking until 91 days prior to departure = \$500 administration fee
- From 120-60 days before departure = loss of deposit
- Less than 60 days prior to departure, no refund and all payments are forfeit.

Note: If the expedition numbers are not sufficient for a group, we reserve the right to cancel the tour with a full refund – or offer you the alternative of transferring the deposit to a future departure.

Insurance

Adequate trip cancellation insurance is strongly recommended for this expedition, including emergency medical evacuation coverage.

Additional Terms, Conditions and Requirements

You travel under the General Terms and Conditions for Expeditions Online as well as local tour operators. Personal information forms will be required to be completed, as well as separate waiver and information forms for swim participants. More information will be sent to you at the time of booking.

Included

- Flights Copenhagen / Greenland / Copenhagen
- Accommodation at hotels/lodges as indicated in the itinerary (or similar)
- Meals as indicated Breakfast = B / lunch = L / dinner = D
- Transfers in Ilulissat to/from events - and from the airport
- ICE Swimming expedition guides from the International Ice Swimming Association
- A marked course swim event with two open follow boats. Ashore: a sauna and shelter hut.
- Hot and cold drinks, lunch and snacks during the swim event
- Sightseeing Excursions and activities as indicated in the itinerary.

Excluded

- International flights to or from Copenhagen (can be quoted separately upon booking)
- Recommended pre/post hotel night in Copenhagen.
- Airfares, land arrangements or meals not otherwise mentioned in the itinerary.
- Single hotel supplement or room upgrades (if required or necessary)
- Passport and visa expenses.
- Baggage, cancellation and personal insurance (which is strongly recommended).
- All items are of a personal nature, such as additional purchases in the hotel, laundry, bar, beverage charges, tips, and telecommunication charges.



Your Adventure Leaders

Ram Barkai

Founder and Chair of the International Ice Swimming Association ("IISA"). Swimming Expedition Leader and Race Director.

Ram is a veteran extreme cold-water swimmer. Ram swam in Antarctica in 2008 with his Guinness World Record Swim at 70S and in 2014 at -1C with his South African team, and in 2018 with his first Ice Swimming Adventure trip. Ram has initiated and overseen many Ice Swimming events and adventures. Ram has 11 Ice Miles many more 1km Ice Swims and longer cold-water swims. He swam in the Arctic and Antarctica, Cape Horn, Magellan Strait and Beagle Channel, Northern Iceland, Scotland and Ireland, Across the Bering Strait and in Siberia mid-winter at -33c air temp. Ram has been featured in various Discovery, History channels, CNN, Al Jazeera, and many other documentaries. Ram's vision is to take Ice Swimming to the Winter Olympic Games.



Sam Whelpton

Expedition head of logistics

Sam is an Ironman athlete [woman], an open water and marathon Swimmer. Sam completed various ice swims from the Arctic to Antarctica via Lesotho's high mountains. Sam crossed the English Channel in 2018, Lake Malawi, Zanzibar to Tanzania, and many other swims. Sam will take care of any logistics requirements before the trip and during. Sam is also in charge of timekeeping of the swim events.



Stewart Campbell

Owner and Director of Expeditions Online

Stewart is a former expedition leader of more than 40 voyages to Antarctica. He has over 30 years of experience in polar travel and has organised and led countless expeditions to Svalbard, Greenland, and South America. He will be our expedition and travel coordinator to ensure your booking process goes smoothly and you reach Longyearbyen safely and ready for your Arctic and Ice Swimming adventure!

ICE SWIMMING ADVENTURES



Join us on a fantastic adventure into Polar Waters or anywhere where there is ICE. Uncharted frozen seas and land are calling us. Anyone is welcome, but the focus is on Ice Swimming and exploring. You will be looked after by the Founder of Ice Swimming [Ram Barkai] and a team of experienced expedition leaders, doctors, and amazing people like yourself. Swimming can be anything from a polar dip to a 1km you choose. Family, friends, and supporters are welcome. It's a team adventure that will change your life forever. This expedition is equally suitable for swim participants or a brilliant adventure holiday for supporters.

ICE SWIMMER NOTES

The adventure has a maximum of 24 places in total. Swimmers and support. We will prioritise swimmers as this is an Ice Swimming expedition. Subject to deposit payment, we will take swimmers on a first-come, first-served basis.

- 1km or Ice Mile Swimmers must have done at least one Ice KM under 25 minutes in the past 12 months.
- Each swimmer must have a completed and valid IISA Medical, which must be completed no earlier than 12 months before departure.
- Each swimmer must have his/her medical insurance
- The swimmer must wear a tow float during each swim.
- The 1km event will be held with four swimmers in a heat.
- Swim Entries must be made via the IISA website – Arctic Ice Swimming Adventure.

All booking enquiries are to be made to Expeditions Online via their website or by phone or email. However, any specific swimming-related questions should be directed to Ram at the International Ice Swimming Association.